BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
November 2021 Issue 629

Don't forget our village Christmas Lights switch-on event on the 27th November at 3:30pm

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EDITORIAL

November 2021

Welcome to a bumper November issue of the Bar Hill News! Let's start with a huge thank-you to all the contributors for this month. As I hope you can tell as you're reading through we have gained quite a lot of new content this month but we are always on the lookout for more! If there is a local group or event you'd like to promote please get in touch with the editorial team - we'd love to hear from you!

At the last Residents Association meeting it was agreed to transfer the Bar Hill News to the new Bar Hill Community Association charity (number 1195382) so in the near future … it will transfer over but you shouldn't notice any difference.

One of the things we're going to be looking at over the next month is if there is any way to make volunteering for the various community groups in the village a bit easier. If you have any suggestions please let us know, but my initial thoughts are around a new Facebook group for volunteers or for people looking to volunteer.

Hope you enjoy this issue, if you have any comments or suggestions (or would like to write us a letter!) please contact us via the **bhneditor@yahoo.com** email address.

Residents' Association 2021-22	
Chair	Laura Chapman
Vice Chair	Karen Hayden
Treasurer	Anne Bensted
Data Prot. Officer	Richard Hayden
Editor/ Secretary	Andy Pellew
Features Editor	Lottie Beare
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Bunty Waters	Jo Hall
Roger Hall	Amber Neale

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

Article Information

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted electronically to **bhneditor@yahoo.com**

Would you like to join our Residents' Association? We meet once a month and are always open to ideas for enhancing life in our village and working with partners to develop our community.

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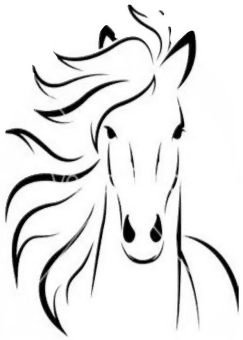

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NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhneditor@yahoo.com**. Thank you!

Dear Editor/Bar Hill Parish Council,

Like most people, I find vandalism unacceptable. I also acknowledge that a new Parish noticeboard is needed for the public viewing of documents after an event of such poor behaviour. However, I also find it unacceptable that the estimated cost for such a replacement will be £3000. £3000? Surely the noticeboard does not need to be so large and imposing that it costs so much. I really think that this large sum of money is not good use of local precept money (our council tax). Can't a noticeboard that costs a fraction of this cost be considered? I am confident that others would agree that our council tax spent could be spent on more important village amenities.

Hannah Wright

Dear Residents,

We are currently looking at ways to improve our appointment system to ensure we are using the appointments we have to offer in the best way for our patients. We do currently offer 34 GP appointments each day with a mixture of pre bookable and on the day appointments. We are working towards offering more face to face appointments although telephone consultations have proved beneficial to some patients and while we continue through the pandemic we will still offer the majority of appointments by telephone triage first. Going forward we will be giving a time frame in which you can expect a call back from a clinician as I am aware it is not convenient for patients to wait all morning or afternoon for a call. I hope to have an update for you on this in the next Bar Hill News.

Kind regards

Catherine Trippier

Practice Manager, Maple Surgery

Editor's note: See a full update from Maple Surgery on Page 42.

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better!

Helping Hedgehogs in November

Most hedgehogs will have begun to hibernate during November and will remain in this state until March the following year. It is a particularly dangerous time for hedgehogs as often their chosen place to hibernate will be in an already prepared bonfire waiting to be lit. If a bonfire must be made , it should only be prepared on the day of lighting to prevent hedgehogs and any other wildlife from being burnt.

For help and advice on hedgehogs contact Liz Dams on 07912 988898 or Shepreth Hedgehog Hospital 07505 651968.

Out of hours Emergency line 07771 457693.

Wildlife Gardening in November

Our gardens are the biggest nature reserve we have left in the U.K. Try not to cut mature ivy back, as the flowers provide a fantastic source of nectar and pollen for late-flying insects. Leave in general where possible! Help wildlife by collecting fallen leaves and leave in a pile to provide homes and shelter. Stock up bird feeders and provide fresh water daily for wildlife. Always check areas before carrying out jobs.

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Your Community Hub

November Service Timetable - Every Monday 10 to 12 in the Octagon

01-Nov	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)		Health & Wellbeing
08-Nov	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)		
15-Nov	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)		Health & Wellbeing
22-Nov	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Parish Council Surgery	
29-Nov	Coffee Stop	Foodbank	Citizens Advice			

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are feeling the impact of the £20 per week reduction in Universal Credit, the dramatically increasing energy costs, just drop by and let us help you

Citizens Advice: Whatever your enquiry, meet with our experienced Citizens Advice advisor or book an appointment by ringing **0800 088 6522** or email: **BarHillAdvice@gmail.com**

Listening Ear: We are happy to listen and have 2 fully qualified Mental Health First Aiders

Parish Council Surgery: Speak in person with a Parish Councillors on the 4th Monday of every month

Health & Wellbeing: On the 1st & 3rd Mondays of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

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Hedgehog Fact

Hedgehogs hibernate which makes them one of only three mammals that hibernate in the UK. Hibernating means that they hole themselves up and stay in a dormant state for winter. They will wake up periodically to top up their body fat during mild spells.

Bar Hill Ladies Book Club Meeting Monthly

Next meeting : Monday 15th November – The Thursday Murder Club, Richard Osman

Bar Hill Sports & Social Club – 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

Please email sheilafarrar@hotmail.co.uk or call/text **07920558319**.

Bar Hill Allotment Society

Bar Hill Allotment Society's (BHAS) main aim is to ensure all members get enjoyment and satisfaction from their allotment plot. The BHAS aims to promote gardening to residents of Bar Hill, wherever possible encouraging biodiversity and gardening methods which don't harm the environment. There are 92 plots on the BHAS site positioned on the village ring road which are used for the cultivation of crops - vegetables, fruit and flowers. Some plots have small sheds, polytunnels and fruit cages.

Having an allotment is so much more than just tending your plot, although digging, weeding, sowing, planting, staking, protecting against pigeons/wildlife, nurturing, feeding and pruning (and loads more) are important jobs to be done before reaping the rewards - eating the best tasting fruit and veg ever (hopefully)!!

Ask any allotmenteer why they have a plot and you'll get many different answers - ranging from the main one - home grown fruit 'n' veg tastes so much better, to others such as: it's so peaceful, great exercise, get away from it all, it's relaxing, get out of the house, like to chat, - even - it's my little piece of heaven. All added value to producing tasty fruit and veggies!

Whatever the reason for being an allotmenteer, most of us lucky enough to have a plot just love going to the site and tending our allotment for many of the above reasons. It is hard work but thoroughly enjoyable and rewarding.

If you have any general enquiries, please email **barhillallotment@gmail.com**.

If you are interested in becoming an allotmenteer please contact Jeni Gait-Smith **jenifer.ngs@gmail.com 07979 351119**.

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Bar Hill Church news

Services

Our regular church services are held at 10:00 am every Sunday. There is no need to book a place to attend in person, but we recommend the use of a face mask while moving around in the church and while singing.

We also relay our Sunday morning services into Zoom. We started using Zoom during the pandemic and it still provides a way to join a live church service online, something that is a particular benefit to those who have difficulty leaving their home, or who happen to live further away.

Please use the following access details if you wish to join a service online:
Meeting ID: 882 9761 3899
Password: 284740

Sun 7 November, 10:00 am	Holy Communion (Methodist)
Wed 10 November, 10:00 am	Midweek Holy Communion
Sun 14 November, 10:00 am	Remembrance Sunday
Sun 21 November, 10:00 am	Holy Communion (Baptist)
Sun 28 November, 8:00 am	All Together Worship, Café Church

Church Contacts

Church Office	Ian Farr	01954 206120
		church.office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119
		Charlesmather20@yahoo.com

Address Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH

Website https://barhillchurch.org.uk

Facebook https://facebook.com/barhillchurch

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Family and friends remember a loved-one together, with beautiful online tribute pages

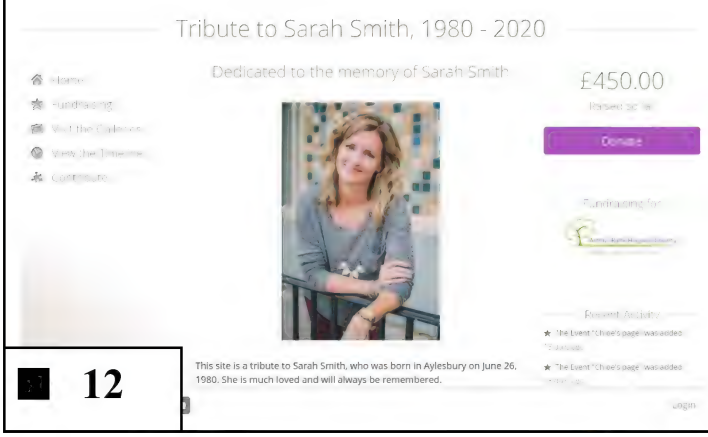
Arthur Rank Hospice Charity's Tribute Pages can be compared to a dedicated website. Each one is individual, and a 'theme' can be selected to suit the person being remembered.

Since COVID-19 restrictions prevented family and friends physically coming together to grieve and celebrate a loved one's life in the traditional way, they have provided an opportunity for people to share treasured memories of their loved ones. Some families have chosen to add a eulogy, which everyone with access to the page can read, and some have linked recordings to memorial services. In turn, there are a range of ways family, friends and loved ones can share their thoughts, photos, stories, poems, even video and music.

Often families who set up Tribute Pages choose to also collect tribute donations, providing an alternative to the physical 'collection' which might previously have been gathered at a funeral or memorial service.

Kate was cared for by Arthur Rank Hospice Charity. Her son set up a Tribute Page for her and shared:

"We chose to set up a tribute page, in part because we wanted people to donate to Arthur Rank Hospice Charity in mum's name, but also as we needed a focus to bring together comments relating to mum.



We got lots of emails and card too, but the website has been good in that it allows others to see and remember mum together. This would be good at any time but has been particularly important while we all have to social distance."

If your loved one has been supported by Arthur Rank Hospice Charity and would like to create a special Tribute Page, you can call the fundraising team **01223 675888** (Monday-Friday 8:30am-4:30pm), email **fundraising@arhc.org.uk**, or visit arhc.org.uk/tribute

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Olive Tree Bereavement Group October 2021

Our next Olive tree Group meeting will be on **Saturday 13th November at 10.30**.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

This is a very welcoming and open group where you can talk quite freely and your confidentiality will be respected. There will be time to share your experiences, listen and have a discussion as well as getting to know others in the group with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it. The leaders and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular difficulties that this brings.

For more details phone: Sue Kenchington **780260,** Chris Stannard **781978,** Maggie Cox **488657,** or Rev. Charles Mather **277119**

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Christmas Is Coming!

If you'd like to contribute to the funds for this year the fundraiser is still active and the total stands at over **£1500** a good way towards our £5,000 target!

If you'd like to contribute online we have setup a goFundMe page; **bit.ly/BHRAChristmas2021**.

If you'd prefer to donate via cheque then please make it payable to the "Bar Hill Residents Association" and it can either be left at the Parish Council Office or at 18 Foxhollow.

If you'd like to help please email **bhneditor@yahoo.com**.

Bar Hill Neighbourhood Watch

working for a safer community

To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

CAMBRIDGESHIRE COUNTY COUNCILLOR'S REPORT

The County Council has made a number of key decisions recently. These include agreeing to apply for civil parking enforcement powers which it would engage with South Cambridgeshire District Council to administer. This will help to unblock the current widespread problem of dangerously and illegally parked cars but without the effective powers to enforce legal parking. Other decisions included an improved winter gritting plan, now with a rolling 4 year programme and investment in new equipment, and also additional investment to accelerate the Council's biodiversity achievements. This will involve investing more in seasonally dependent biodiversity projects and contribute towards the Council's climate change commitments. Also the County Council has negotiated additional residential and nursing care beds in the County, to help people stay closer to their support networks.

Bus services have been stuck at pre pandemic levels for some time, but many people's work has been 'opened up' and they need the old timetables back. Unfortunately there has been a delay on getting bus services back to the old timetable and bus companies are experiencing staff shortages which are getting in the way of normal services returning. I am continuing to press on bus services, and also engaging with Greater Cambridge Partnership about the overall bus and greenway plans, which need to take into account Bar Hill's needs and issues, not just Northstowe's!

A number of people have written to me about public footpaths being blocked. Thank you! I have taken these up with officers and am making progress. Sometimes the explanations can involve understanding the details of land ownership or development agreements. Please keep letting me know of any blocks and do report them to the Council.

Cllr Edna Murphy - Bar Hill Division, Cambridgeshire County Council
Edna.Murphy@cambridgeshire.gov.uk, **01223 577005**

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Bar Hill Library

Our library in the village has now re-opened. The new opening hours are;

Monday: 10am – 5pm
Tuesday: 2pm – 5pm
Wednesday: 10am – 5pm
Thursday: Closed
Friday: 2pm – 5pm
Saturday: 9.30am – 12.30pm
Sunday: Closed

We look forward to seeing you there!

Bar Hill library

FOR SALE (Nov): Wheelchair with pneumatic tyres. Good condition. £50. 01954 201351 (Stephen).

Bar Hill Colts

The U9 Bar Hill Sharks are an all ability side with a very healthy squad size of 16 boys and girls.

We train on Tuesday evenings 6-7pm and play our matches on Saturday mornings on the village green.

Do come along and support us on the 7 aside pitch if you get the chance!

We would like to thank our generous sponsors for the following kit we have been provided this season:

Home Kit: Kameo Recruitment Ltd

Rain Jackets: Bounce Bar Hill

Tracksuits: Bar Hill Spice & Cam Spice

Thanks, Pete Tod (Manager).
07960064472

The Good Life Fund is now open for the winter round of applications!

Are you passionate about positive wellbeing, and supporting and connecting people in your local community? Do people in your local community, have ideas that could help others?

Our Good Life Fund could bring these to life. The Fund offers one-off grants of up to £500 to help set up activities or groups that improve and support mental wellbeing. These could be book clubs, craft, gardening and wellbeing groups, or groups that encourage people to learn new skills.

Please send us an email with any questions at: **Goodlifefund@cpslmind.org.uk** or call **0300 303 4363**.

For info: **https://bit.ly/3GfVHtU**

We regret the grant is not available to charities or organisations, such as Community Interest Companies, to set up groups or activities on behalf of others.

Cambridgeshire & Peterborough Trading Standards has seen an increase in rogue trading incidents in recent years and its officers work with Cambridgeshire Police to tackle rogue trading by sharing intelligence and assisting each other with investigations.

The victims are often the most vulnerable in our community and the impact on them is immense. Many are targeted over a period of years and some rogue traders acquire a huge income from this type of work.

Rogue trading ranges from poor quality work and high pressure sales to organised crime gangs targeting the elderly and vulnerable on a daily basis, often demanding large amounts of money by threats and intimidation, sometimes without even doing any work.

Kirsty from Cambridgeshire & Peterborough Trading Standards has the following tips if you are looking to have work carried out on your property:

Do:

- Get recommendations from a someone you trust (friend, family, neighbour)
- Always obtain a written quotation and aim to obtain at least three written quotations
- Take time to consider the quotations
- Ask for the trader's ID and carry out your own checks to establish if they are genuine (never phone a number that they have provided you with to verify their identity)

Don't:

- Agree to work offered by someone who cold calls you without carrying out your own research into their business or whether to work is actually needed
- Pay cash up front
- Feel pressured into agreeing work

To find reputable traders, visit our CAPASP partner Safe Local Trades **safelocaltrades.com** or Buy with Confidence **buywithconfidence.gov.uk**.

Trading Standards would urge you to contact their advice partners at the Citizens Advice Consumer Service in relation to suspected rogue trader incidents or suspicious activities.

Doing this ensures that the information is recorded on the national complaints' database. Where appropriate, a copy of the complaint is passed to both the consumer's local Trading Standards Service and the trader's local Trading Standards Service if the trader's address is known.

The Citizens Advice Consumer Service can be contacted on **0808 223 1133** during office hours Monday to Friday, or visit **www.citizensadvice.org.uk/consumer** where an online form is available.

If you think you, or someone you know, has been targeted by rogue traders, you can also report it to the Police on **101** (if it's after the event) or on **999** if the incident is still occurring, or the traders are coming back to collect money.

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Bar Hill Sports and Social Club

Friday 12th November - 2 to 4pm

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Thurs @ 10.15am at Bar Hill Church - £5

Call Simon on 01223 236945

or visit www.bodyinmotionpt.co.uk

FREE FIRST CLASS

I am sure many of you visit your local Facebook page from time to time. In my role as a member of the Treasury Select Committee, I have been pushing companies like Facebook and Google to take responsibility for policing adverts on their platforms. It is estimated by the Police that criminals have successfully stolen £2.35 billion through online fraud in the past two years. Representatives from these tech companies openly admitted to me that they do not have concrete systems in place to verify online advertisements. Further, they had no idea if they had paid any compensation to people who had fallen victim as a result. Financial service providers rightly support people they fail to protect from fraud and it is high time tech companies did the same. I want to ensure my constituents and people across the country are not unduly exposed to fraudulent practices. If you are concerned about something you suspect may be fraudulent, please visit Action Fraud at **https://www.actionfraud.police.uk**.

I also want to thank everyone who responded to my East West Rail Survey. While Bar Hill is not currently on any route, I am very aware that campaigners have pushed for the route to be sent north and I distributed the survey to every household in the village so I could better understand your feelings on this.

Locally, results show that 61 per cent of respondents from do not currently support the construction of East West Rail, with 33 per cent in favour and 6 per cent yet to make up their minds. Many (64 per cent) called for the cancellation of the railway altogether. The potential usage of the railway by residents was also called into question, with 62 per cent of respondents stating that they would never use East West Rail.

This is the kind of vital information we need to ensure East West Rail hears and understands. As I pass your comments to East West Rail and the responsible ministers, I'll be asking for further clarification and far better consultation in early 2021 before any final decision is made on the South Cambs section.

Anthony Browne MP with Grant Scapps MP, Minister of State for Transport

News and Updates from our Local South Cambridgeshire MP can be either found on his website;

https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office;

Broadway House,149-151 St Neots Road, Hardwick CB23 7QJ.

Or call to discuss anything **01223 603677**

Bar Hill Pre-School

We offer childcare Monday to Friday 9am-3pm, term time, for children aged 2-5 years. We offer sessions through the government funding, including funded twos and accept childcare vouchers.

Our setting is based in a purpose-built room with a large garden within the village hall site. In October we have celebrated space week by making our own planets using vegetables to print with. We have also make rockets and decorated with our first names. We continued the healthy eating theme looking at the book 'Supertato' and made our own pictures of superhero's and vegetables.

We holding our committee AGM Tuesday 2nd November at 7.30pm.

Are you interested in a place? Call us on **01954 782892** to arrange a visit or see our website **www.barhillpreschool.co.uk** for more information.

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Bar Hill Primary School

Since returning in September, the children have enjoyed lots of fun activities. Clubs have resumed with Streetdance, Multisports and Football as well as Art & Crafts, Choir, French, Geography and Filming Club.

Early in October we enjoyed 'Space Week'. The children took part in lots of exciting activities such as making UFO's, learning about the planets, thinking about everyday difficulties faced by astronauts such as cleaning their teeth and going to the toilet in space and participated in a space workshop about how science can help astronauts in space.

Our new Reception children have settled in well and have started Forest School! They collected sticks and leaves to build dens and enjoyed team building exercises. Thank you to everyone who contributed resources for this brilliant experience.

Sports competitions have also resumed and on the 7th October a group of 12 year 3 and 4 children took part in an Outdoor Adventurous Activities challenge event at Comberton Village College. They completed a carousel of 5 communication, problem-solving, and team building activities which included Zone Mapping, Vortex, Battleships, and Ball Transfer. The children were a credit to the school and represented our school fantastically.

Let's Stamp Out Leprosy

Many thanks indeed to the kind person who took some used postage stamps to the collecting box in the newly opened library last month. It's amazing that something we so often throw away can raise funds to help tackle Leprosy - a devastating, yet needless, disease.

Donations can be given all year via the library or church letter box. For larger items or collections, please leave a note with your contact details and I'll be in touch.

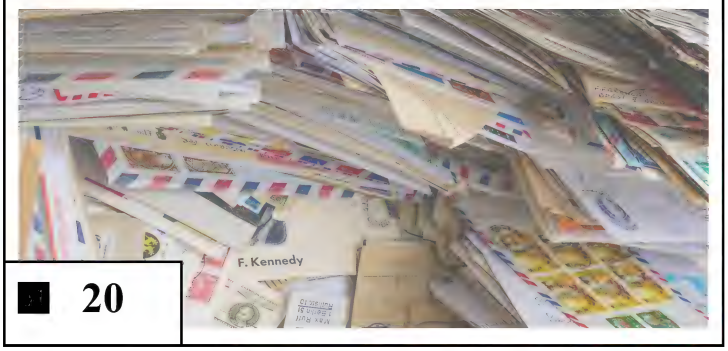
- Stamps
- Whole album collections
- Postcards (posted or new)
- Old or Foreign coins and notes
- Medals
- Cigarette or tea cards

All these can help -

- Early detection and simple drug cure
- Rehabilitation of 4 million leprosy-affected people worldwide
- Prevent needless disabilities and blindness
- Allow people the dignity to provide for their family rather than be dependent on them.
- Tackle stigma which isolates sufferers.

Thank you for your support.

Pam Vendy



THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or Wendy Arrowsmith on **01954 781381** or come along to a meeting.

Why not support The Royal British Legion in their Centenary year by buying a limited edition Centenary badge. Suggested minimum donation of £4 please contact Maggie Cox on **01954 488657**.

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Catholic Church Serving Bar Hill

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), **01223 622690**), Local: **Bunty Waters** (**01954 201421**)

Mass is now held in the Octagon at 6.00pm on Saturdays, there are a few changes, names are given as you enter, masks must be worn, seating is socially distanced, communion is at the end of Mass as you leave.

Everyone is very welcome, could you email **bunty.waters@ntlworld.com** to let us know you will be attending, Thank you.

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NHS

Flu Vaccinations

We will be running flu clinics on the following date: 20th November- eligible under 65's (NHS criteria).

Please call to book. Please try wherever possible to avoid calling first thing in the morning or immediately after lunch.

Covid Booster Vaccinations

Given in order of Covid-19 Priority Risk Groups and no less than 180 days after the patient's second vaccine.

Priority groups are as follows:

1. Residents in a care home for older adults and staff working in care homes for older adults
2. Those over 80 and frontline health and social care workers
3. Over 75's
4. Over 70's and clinically extremely vulnerable individuals (excluding pregnant women and under 16's)
5. Over 65's
6. 16 to 65's in an at-risk group
7. Over 60's
8. Over 55's
9. Over 50's

Patients will be called forward for their jab when it is their turn to receive the booster vaccine.

Willingham **01954 260230,**
Longstanton **207600,**
Dispensary **207602**.

District Nurse Team:
01223 726469 Option 2

Health Visitors: **0300 029 50 50**

Out of hours cover: Ring **111**

willinghammedicalpractice.nhs.uk

Patient Feedback

We have patient feedback forms available to complete at the surgery or on our website.

Please take the time if you can to visit the patient survey section located at the bottom of our website homepage **willinghammedicalpractice.nhs.uk** or complete the form in person and leave us your constructive comments every time you visit or speak to the surgery.

This is your chance to give us your comments and suggestions and helps us to understand how we're doing as a surgery. This will help us to offer you the best service we can.

Patient Participation Group

We will be re-launching our Patient Participation Group with a first meeting on Tuesday 30th November 12.00-1.30pm which will take place online. We are looking for new members to join these sessions which are your chance as patients to give us feedback directly and help to shape the services we offer to the community. Meetings will take place every 8-12 weeks either online or in person at different times of day/evening and there's no need to commit to every session. If you would like more information or would like to be involved, please send an email FAO Amy Wilson to **willinghammedicalpractice@nhs.net**

Carers

If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at **susan.lawson7@nhs.net** or **01954 260230**.

Appointments

We are pleased to have completed over 8000 appointments in the last 8 weeks.

Bar Hill Cricket Club

Our season is over but we're hoping to stump a few people at our fundraising quiz at the Social Club on Saturday November 13th.

This is a general knowledge quiz with NO cricket questions (honest) and will help us raise important funds for the club to keep us offering cricket in the village ☺

All are welcome – teams of no more than 6 and please be there at 7.30 for an 8pm start. There will be a small entry fee per person but prizes (and glory) up for grabs – plus a raffle.

Throughout the winter, keep an eye on our website at barhillcricket.org.uk or on our Facebook page for the latest information – and if anyone is interested in joining us as a player or volunteer, please get in touch with me on the number below.

Paul Stimpson

201212 | info@barhillcricket.org

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PLEASE SUPPORT YOUR LOCAL POST OFFICE

Bar Hill Village Hall

Our Village Hall stands in the centre of Bar Hill on the corner of the village green and is available for anyone to hire.

The Village Hall is a registered charity (1002579) and is run by a committee who act as trustees for the hall which is owned by the Parish Council. The hall has had 2 small extensions/alterations over the years and for the last five years we have worked hard to raise enough funds to carry out an extensive alteration and extension of the building in order to bring it up to date, make it fully accessible for disabled people and generally improve the facilities.

The following facilities are offered;

- Conference Facilities;
- Seminars;
- Committee/Meeting Rooms;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales;
- Kitchen Facilities;
- Excellent Parking as well as catering Facilities

If you wish to book any of these facilities, or to get more information, please call **01954 782414** and leave a message. We'll call back within 24 hours (Monday to Friday). Alternatively you can email us at; **barhill.villagehall@btconnect.com** or visit **www.barhillvillagehall.com**

Crafts Shed

Crafts Shed in Bar Hill was originally launched in October 2019. We are members of The UK Men's Sheds Association.

People who attend sheds are usually called "Shedders". It is a place for men / women to chat, practise skills and enjoy making and mending. Currently we mainly work with wood, and also repair and restore items for individuals. We have made and sold bird tables, bird boxes, bug boxes, hedgehog boxes, planters, raising funds for the group and our community.

Covid hit us badly being closed for much of a year. We were then allowed to meet in groups of up to six people. For the last few months we have been open Tuesday, Wednesday and Thursday mornings from 0930 a.m.to 1.00p.m.

Since starting up we have become a Registered Charity. This in time will enable us to access some grants, but above all else we are trying to support the community. Recently in the younger children's' play park we have refurbished the wooden benches. We are also awaiting the go ahead for other projects within the village

Thank you for all those who have contributed wood for our use. Currently we have sufficient stock. Those who have offered, we will collect in the next few weeks.

Would you like to come and join us? The age restriction is 18 and upwards. Please call in and see us in the Scout Hut on the times listed above.

If you like further information, please contact Chris Stannard on **01954 781978 / 07711 623425** or Chris Graham **07913 013920**.

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH

01954 780456 - clerk@barhillpc.org.uk

Chairperson: bunty.waters@barhillpc.org.uk

Please note a correction to the police reporting email printed in October's edition. The correct email for reporting any local, non-urgent issues is: **scambscops@cambs.pnn.police.uk**

The Parish Council are aware that there are many areas of road and pathway surfaces that are in need of repair around the village. These are the responsibility of Cambridgeshire County Council. While the Parish Council can help to monitor any requests, we need as any of you as possible to report any problems you see in detail to help the County Council understand the problems that are causing issues for many of you in the village.

We would encourage all residents to please use the Highways reporting tool at **https://highwaysreporting.cambridgeshire.gov.uk/** for these non-dangerous, persistent problems. You will be able to see when the issue has been assessed on the map tool. By working together, we can hopefully bring these issues to the highways department's attention and hopefully get some of them repaired.

For community issues, the Parish Council have now returned to holding a surgery as part of the Community Hub at the Octagon on the fourth Monday of the month. November's surgery will be on 22 November 2021. Please do come along for a chat about any issues you think we might be able to help with. If you would like to speak to the Clerk regarding any issues, you can make an appointment to visit the Parish Council Office. Please email **clerk@barhillpc.org.uk** or call **01954 780456** to arrange a time.

The new Local Plan from Greater Cambridge Shared Planning is the most important document you've (probably) never heard of. It will affect how we live, work and play in Greater Cambridge over the next 20 years and beyond. An important aim is for Greater Cambridge to be a place where a big decrease in our climate impacts comes with a big increase in the quality of everyday life for all our communities. New development must reduce carbon emissions and reliance on the private car; create thriving neighbourhoods with the variety of jobs and homes we need; increase nature, wildlife and green spaces; and safeguard our unique heritage and landscapes.

You will be able to comment on the plan between **1 November to 13 December 2021**. Please take part in this important consultation to help shape your community for future generations.

You can find more information and sign up for updates at **https://www.greatercambridgeplanning.org/localplan**

Useful Links

Dogs (Fouling of Land) Act 1996 (South Cambs DC); **http://bit.ly/bh-dogfouling**

Environmental Crime (South Cambs DC); **http://bit.ly/bh-envirocrime**

Damaged Street Nameplate (South Cambs DC); **http://bit.ly/bh-streetnameplate**

Reporting issues with roads, paths, street lights, etc. (Cambridgeshire CC); **http://bit.ly/bh-highwaysfault**

Report a non-urgent Crime (Police); **http://bit.ly/bh-reportcrime**

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Bar Hill Sports and Social Club

It's been an exciting month with reopening! the covid restrictions and table service has taken its toll on the staff and committee so thank you for your patience and understanding as we get used to the ever changing new normal.

We are always looking for new staff, Evenings and weekends available. If you would like to earn some extra cash please contact Helene to discuss this further.

We have some great events booked in so far for everyone to enjoy.

Thank you for all your support, we hope to see you all soon.

If you need to contact us please email - we'll aim to reply as quickly as possible.

bhssc.secretary@outlook.com

To keep up to date with what's happening at the club check out our new website **www.barhillssc.co.uk**

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

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Test your smoke alarm!

Did you know that you should test your smoke alarms at least once a month? Or that you should have smoke alarms on every floor of your home? Or that Cambridgeshire Fire and Rescue Service do free home visits to make sure your home is fire safe?

Visit this website for helpful tips and advice:

https://firekills.campaign.gov.uk/

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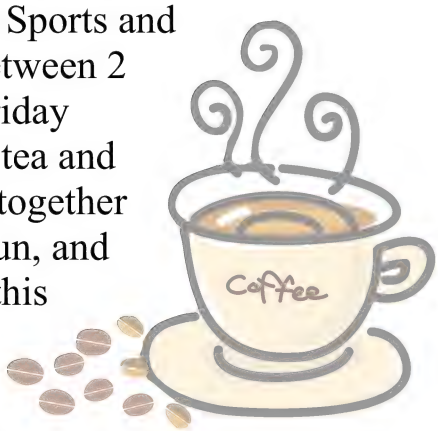
HAPPY HOURS - November 2021

We are meeting in the main bar area of the Sports and Social Club between 2 and 4pm on Friday afternoons for tea and cakes, getting together with friends, fun, and games. All of this for only £2 per person.



The bar will be open if you want something 'extra'.

We are looking for new members to join us so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and give us a try!

In the meantime STAY SAFE!

Coming up in November and December:

5th November: AGM and Play Your Cards Right/Quiz

12th November: Late Christmas Sales and Quiz

19th November: Club Birthday Party with Dave Cass

26th November: Casino Afternoon

3rd December: Christmas Arts & Crafts with Pam Harper

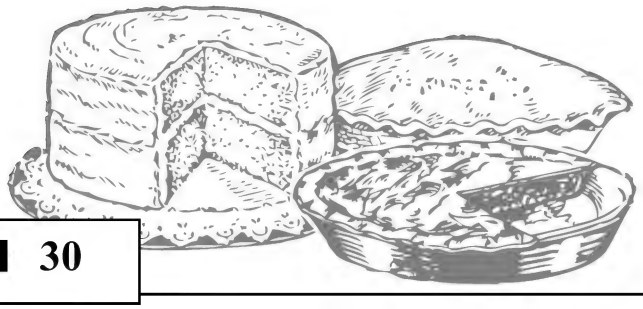
10th December: Christmas Pictionary/ Quiz/Bingo??

17th December: TBC

24th December: TBC

31st December: TBC

Anne Plumb, Tel: **01954 780364**, email: **anne@rwp10.plus.com**



CITIZENS' ADVICE

citizens advice

Got questions, something worrying you?

Benefits - Work - Debt & Money - Consumer - Housing - Family - Law - Immigration

Drop-in session at the Octagon: Every Monday starting 4th October 2021 between 10 and 12 am.

No appointment needed.

Not convenient? Free phone **080 827 878 08** for future appointment

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More Than 100 Modern Slavery Victims Rescued

Statistics have revealed more than 100 victims of modern slavery have been rescued in Cambridgeshire in the last year.

Of those rescued, more than half were children. Thankfully, they all escaped the awful situations they were trapped in and are now receiving specialist support.

This Anti-Slavery Day we wanted to highlight that the issue is not resigned to the past – it is still happening in 2021. It could be taking place at a local business or on your street. From car washes to nail bars and the agricultural industry, slavery can take place pretty much anywhere.

Many of the rescued children were trapped in the dark world of county lines drug dealing where they were forced to sell substances for those controlling them.

Please take a minute to find out more about the signs of modern slavery and report any concerns in your community. For more information visit our website: **https://bit.ly/3DAEZ6a**

Thank you for your support.

NIHR | Clinical Research Network Eastern

Universal NHS healthcare: has the pandemic changed the promise?

You are invited to attend an online event by The Cambridge Centre for Health Services Research on Thursday 18 November 2021, between 12.30 - 1.30pm. With waiting times for non-emergency NHS care increasing and elective surgeries delayed, the NHS looks in danger of becoming an emergency-only service — even post pandemic. Charlotte Augst, Chief Executive of National Voices, an influential charity working to improve the lives of people who live with ill health, disability or impairment, will share her thoughts during this event.
Attendance is free but advanced registration is required via the Eventbrite website (**https://bit.ly/3v3ZANo**). For further information, contact **randeurope@randeurope.org**.

NHS

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Birthday Corner

1-7th November

Katy Bildircin, Lyndsey Copeman, Cinar Seker, Kara Baker, and Anthony J Smith

8-14th November

Trevor Chapman (45!), Peter Polley, Oscar Balzano, Joseph Wilson, David Starling, Jonathan Bishop (50!) and Ian Arrowsmith

15-22nd November

Paul Sinclair (50th!), Rebecca Thorp, Madeline Neville, and Roger Hall

23-30th November

Ryan Ghasemzadeh, Jennie Carey (40!), and Danielle Carminati

Special birthday wishes for Steph Binks and to Chris Binks who will be 60 this month! Much love to you both from Tina.

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Bar Hill NWR

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet every two weeks in members' homes discussing a variety of topics.

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

NOV-11: Spain: research culture, history, geography, food, etc.

NOV-18: Telephone Treasure Trail

DEC-02: The Repair Shop: what item you'd like to have restored

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New grant for projects with children and young people

As part of the District Council's work to help people recover from the pandemic, a £38,000 fund is available for projects which help to empower children and young people; helping them to build self-belief and make a positive difference to themselves and their community. Organisations that are independently set-up for charitable or social benefit (including parish councils) can apply for funding grants of between £4,000 and £8,000 via an application form on our website.

The deadline to apply for the grants is Wednesday 10 November. It is expected that the fund should be spent between January 2022 and December 2022. Fine more details online on the grant scheme and how organisations can apply.

£10,000 match-funding available to community groups

If your group has been impacted financially by the pandemic you could be eligible for up to £10,000 match-funding from the National Emergencies Trust's Local Action Fund in partnership with Crowdfunder. The Local Action Fund aims to support long-term sustainability for local groups that are making a real difference to the people in their communities. **https://www.scambs.gov.uk/community-development/grants/children-and-young-people-grant-fund-2022/**

Universal Credit: available support

Changes are being made to the Universal Credit system from October which will see the temporary £20 a week uplift to payments coming to an end. The uplift was introduced by the Government in response to the pandemic and ended on 6 October, when Universal Credit payments returned to their pre-pandemic levels. With that in mind, we thought it would be useful to set out the support that is available from us.

Residents finding it difficult to transition back to previous payment levels should contact us so that we can discuss the support that we may be able to provide. There are a range of options for those struggling financially, including:

- Discretionary Housing Payments which provide financial support towards housing costs. You can apply for these Discretionary Housing Payments here **https://www.gov.uk/guidance/charity-financial-reserves**
- The Council Tax Hardship Fund, which aims to provide support to those who are struggling financially
- Support and advice from our Welfare and Money Maximisation Officer, Lucy Tompkins, who can be contacted via **lucy.tompkins@scambs.gov.uk**
- Signposting to external support and advice agencies
- Along with Cambridgeshire County Council and partners, we also still offer a one-off small payment to help with immediate food of fuel needs. Anyone needing that one-off help should email our communities team

Email our Benefits team if you have specific questions or call **03450 450 061**. Residents on Universal Credit can also seek financial advice and support via Citizens Advice. This should be accessed via a referral from their work coach at DWP Cambridge.

Please contact me if you would like further information, help, or advice
Cllr Bunty Waters - **bunty.waters@ntlworld.com 01954 201421/07734 690580**

PUZZLES & GAMES

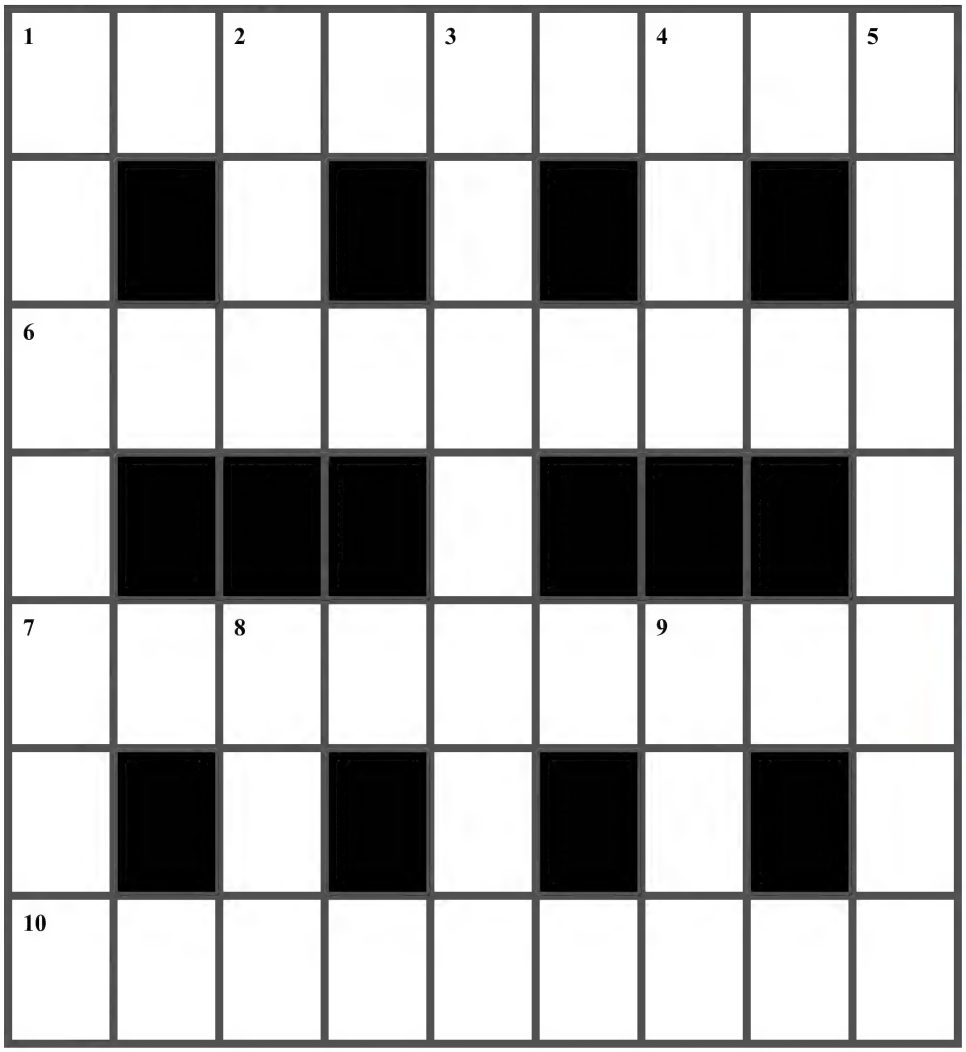
NOVEMBER 2021

A	G	U	G	A	L	L	I	P
A	M	S	H	A	M	O	L	I
A	R	D	H	G	U	O	N	A
B	A	R	I	M	M	O	N	A
C	E	L	I	N	G	Q	U	E
D	A	M	K	C	A	R	A	G
D	U	N	K	E	R	S	T	A
F	A	M	K	I	R	T	A	R
F	I	S	L	D	Y	T	E	R

WORD TILE BY BH

		S				D		
	A	R			L	O		
		N				Q		
		M				S		
		S				A		
		L				O		
		M				H		
		R				L		
		R				O		

AIM: Place the 'three character tiles' in theLeft hand grid to the CORRECT spaces In the right hand grid relating to NINE PORTS containing NINE letters Horizontally and in alphabetical order SOLUTION will appear online (via the Residents Association Facebook Page).



Across: 1.town in North West. 6.science of sound. 7.one from a cold northern island. 10.putting in order.

Down: 1.closing up. 2.ET came on one. 3.Rosh ---- Jewish New Year. 4.Japanese sash. 5. try things out on one. 8.seventh Greek letter. 9.Opus---- RC organisation.

Bar Hill Editorial Services

editing - copyediting - proofreading
academic - non-academic - professional

Roger Hall, 11 Almond Grove, Bar Hill, Cambridge. CB23 8DU

Contact: **01954 780304**, or **07746 118880**
Email: **rogerhall@barhill11.fsnet.co.uk**

On-screen and hard copy work accepted

Puzzle solutions will be published on the 25th of the Month on the Bar Hill Residents Association Facebook Page (or can be obtained by emailing the editor)

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Bar Hill Tennis Club

Our courts remain available for use on those dry bright winter days!!

If you are not already a member and want to play our winter memberships allowing you to play at any time from 1 September through to 31.3.22 may be just right for you:

Adult: £20, Junior: £5, Family: £42

Key for floodlights if required - £10

For full details of our very competitive membership fees please visit our web site **www.barhilltennisclub.co.uk**, email, call us (details below) or pop down to the courts during Club nights.

Annual membership entitles you to play at anytime but the courts are also available to hire for private play. There is also an active Club WhatsApp group. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm and we play social tennis – very relaxed and catering for all standards. We play through to late autumn and maybe longer subject to weather!

Our thanks go out this month to Crafts Shed (Shedders) the registered charity who are based in the village in the scout hut for the excellent work they have done in refurbishing our old benches.

When playing please observe any Government Covid guidelines and any guidance posted at the Courts.

We look forward to seeing you!

Paul Chubbuck (Secretary), **07983 435104**
info@barhilltennisclub.co.uk

Geof Tamulonis (Chair)
info@barhilltennisclub.co.uk

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Buttercups CHILDCARE LTD

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Knit and Natter Group

We are delighted to announce that the "Knit and Natter Group" will be meeting again after around 18 months.

We can be found in" The Octagon " on a Thursday afternoon from around 1.15 p.m.

This group is well established in the Village having started in September 1997 in Joan Smart's house with around 6 people.

We have grown since then and welcome around 40 ladies each week. The purpose of the group is to provide

friendship and a regular social event and knitting projects for the Knitters to work on. (Our afternoon is punctuated by tea and cake!) Most of the knitting is given to charities who need baby's clothes and blankets.(However, you do not have to knit to belong to the group.)

We have provided plenty of baby hats for the new born babies at The Rosie Hospital in colours(red, amber and green) to indicate whether they need extra attention. We have sent sets of baby clothes to a Children's orphanage in Sachi Bondu in Africa and many, many blankets to Care Homes, and provided hand knitted hats, scarves and gloves for Christmas in poorer European countries, among many other things.

We are always happy to welcome new people into this friendly group which has proved valuable to many people living alone and/or newly moved into the village.

Interested ? Give me a ring and I can give you some more information. Contact me on **780260**. Sue Kenchington

Your care home experiences wanted!

Do you, a loved one, family member or friend live in a Cambridgeshire or Peterborough care home?

Health and social care champion Healthwatch Cambridgeshire is calling out to local families to share their experiences of care homes over the last 12-18 months.

From communications and visiting restrictions to Covid testing and end of life care – they want to hear what it's been like for you.

What you tell Healthwatch will help local health and care services prepare better for the future.

If you're not online, get in touch and they can send you a paper questionnaire and a pre-paid envelope. Call 0330 355 1285.

Share your views at:

www.healthwatchcambridgeshire.co.uk/care-home-survey

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill
*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

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AM session: 8am to 12 noon*

PM session: 12:30pm to 4:30pm*

£20 per session (up to 6 months)

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

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We hope all our customers remain well. If you are starting to feel the cold we have hats and scarves, to keep you warm, for sale on our rosieinstitches.org.uk website.

The Friends of the Rosie are enthusiastic volunteers whose aim is to improve the services the hospital provides by raising money for items that the NHS does not buy. We have raised so far in 2021 nearly £1,000.

We are featuring in an online Christmas Market via Facebook. This group (**https://www.facebook.com/groups/778630486315024/**) is where you will find our products posted, please share with your friends and family.

We are selling second hand items in our rosieinstitches2010 charity store on eBay. Please email **avril@rosienstitches.org.uk** to make an appointment to view a selection in person.

If you have been tidying another cupboard, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers.

If you know of anyone who might be interested. Please contact Ann Laskey (**annlaskey@icloud.com**) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar.

Contact Mary Sanders on **01223 356615** further details are given on our website **www.rosieinstitches.org.uk**.

Thank you for your continued support.

Stay Safe. Avril

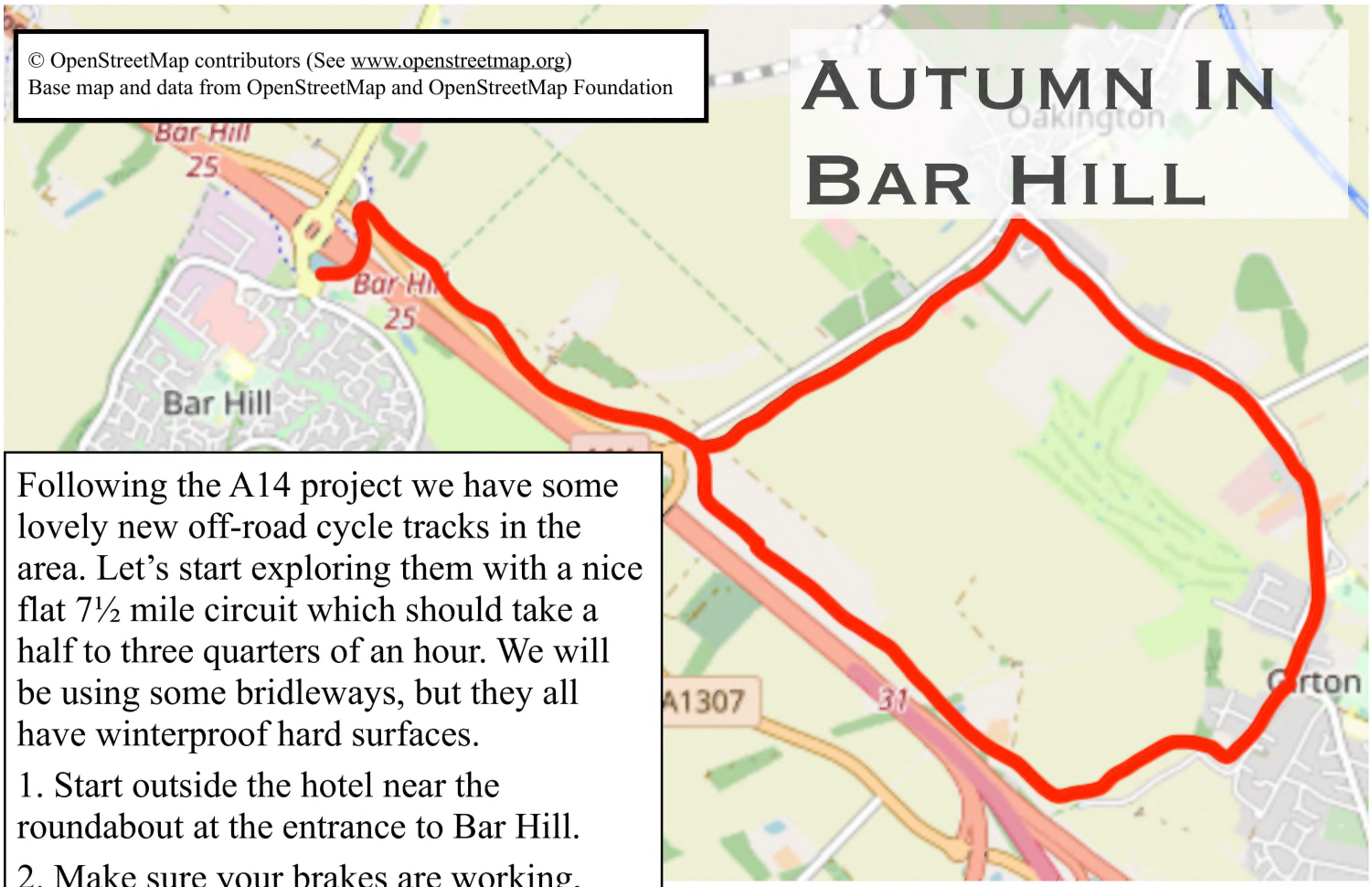
SING IT OUT

COMMUNITY CHOIR

Monday's 7.30 - 8.30pm in the Octagon

If you enjoy singing popular songs/ musicals then you will be very welcome to join us.

For more information please email Mel Stamp at **singitout@virginmedia.com**



Autumn In Bar Hill

Following the A14 project we have some lovely new off-road cycle tracks in the area. Let's start exploring them with a nice flat 7½ mile circuit which should take a half to three quarters of an hour. We will be using some bridleways, but they all have winterproof hard surfaces.

1. Start outside the hotel near the roundabout at the entrance to Bar Hill.

2. Make sure your brakes are working, then head up over the new cycle/ pedestrian/horse bridge over the A14.

3. Cross the new road at the traffic light then turn right towards Cambridge and cycle down the new off-road path.

4. When you get to the roundabout on the Oakington-Dry Drayton road, follow the cycle path right to the end, and then cross over the Oakington road.

5. Bear right and then turn left onto the new bridleway towards Girton and Grange Farm. Follow the nice smooth path round and then along beside the A14. After a while you pass between some cottages on the right and the large Catch Hall Farm buildings on the left. Now you can see the line of trees where we are going to turn left.

6. The left turn into Washpit Lane is signposted This path was resurfaced during the summer, so there is now a hard surface all the way to Girton.

7. The track leads into High Street in Girton.

8. At the T-junction at the far end of High Street turn left towards Oakington.

9. Ride through Girton, and after passing a Baptist church on the left, look out for the sign for Gretton School on the right. Another cycle/pedestrian path starts on your right immediately after the school. Carefully cross the road and take the cycle path.

10. Cross over New Road and continue to Oakington crossroads. Just after the traffic restriction before the crossroads, carefully cross back onto the road as we are going to turn left at the traffic lights.

11. At the traffic lights turn left onto Cambridge Road. There are some nasty potholes at the edge of this road (along with most of the other roads round here) so keep an eye on the surface in front of you.

12. You will soon arrive at the roundabout where the new A1307 joins. Carefully cross the road back onto the traffic-free cycle track and retrace the route back to Bar Hill.

Maple Surgery News

MKGP PLUS

Staffing

We have had a few staff changes at the surgery in recent months. I have now taken over as full time Practice Manager, I welcome input from patients, so please do contact me if you have any feedback for the surgery which could help us to make the surgery better. Our front door is now open so you can put any suggestions in the suggestions box in our waiting room or you can send an email to **maplesurgery.enquiries@nhs.net**

We now have a fully staffed administration team, with 3 new starters in recent months. Pauline, Ros and Sophie have settled in well and are doing a fantastic job.

We have a new social Prescriber, Pekka, who is now on board and able to offer social support to the residents of Bar Hill.

Our new GP, Dr Ogundaini, has been with us since July, as has our Advanced Nurse Practitioner Pamela. We are still recruiting for a further GP but we have secured regular locums to work with us up to Christmas to ensure our patients can speak to the same GP where possible. The currently weekly rota is follows:

M: Dr Victoria Simons & Pamela Kumalo

T: Dr Adesola Osindero &Pamela Kumalo

W: Dr Verena Bartke

Th: Dr Oluwaseun Ogundaini

F: Dr Oluwaseun Ogundaini

A new nurse, Santiliana, started work at the beginning on September and will be working in the practice alongside our other regular nurse, Fiona to provide nursing care across the week.

Covid Vaccination Boosters

Covid vaccination boosters will be offered for all those over 50 and adults with qualifying underlying health conditions. Those who are eligible will be invited directly through the National Booking System, not by the surgery.

Flu Vaccinations

We have now had our flu vaccinations delivered and are in full swing with flu clinics. Anyone over 50 and adults under this age with eligible underlying health conditions can book for a vaccination at the surgery. We are also vaccinating 2-3 year olds in the surgery.

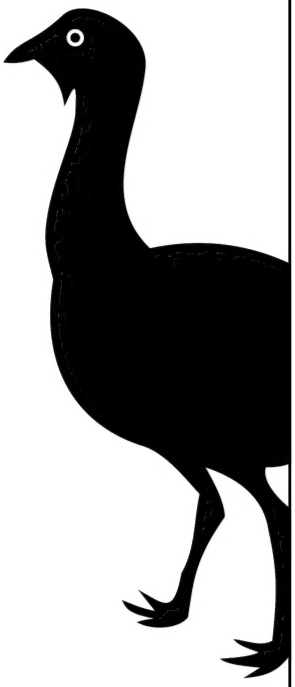
Working with the Community

We are having our first in person carers' café at the surgery on Thursday 11th November 1.30-3pm. It will be a good opportunity for carers to meet up for a natter over a cup of tea and meet others in the area who are in a similar situation. We plan to have these regularly over the coming months. Please contact the surgery on **01954 780442** if you would like to attend. It is fine to bring the person you care for or a friend with you.

Wellbeing walks started on 4th October and are being led by our social prescriber, Pekka, who is a resident of Bar Hill. The walks are open to everyone but are especially aimed at those who are less active. All walks start from the Surgery and will alternate between a 15 and 30 minute walk each Monday. Members of staff from the surgery will be joining the walks so you can get to know us better. A full list of walks is displayed in the surgery or you can contact us on **01954 780442** for further information.

Kind regards, Catherine Trippier

Bar Hill History



As you will certainly know Bar Hill is one of the youngest villages in South Cambs - planned in the 1950's with construction starting in the 1960's and the first villagers moving in in 1967.

Because of its relative "newness" people assume, when they're having a clear out, that old papers documents and photos will have been held elsewhere and so can be binned.

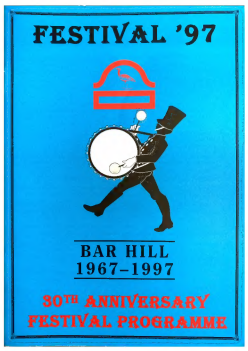
This isn't so!

There are some quite large gaps in the history of the village that Roger Hall, our village historian, is very keen to see filled.

Do you have anything related to the village? Particularly anything before the year 2000? It might not look rare or unique, but once some of these items are lost they are gone forever.

For example here is a link to the 30th Anniversary Festival Programme from 1997; **https://bit.ly/3z84k5z**.

And here are the meeting minutes from the very first meeting of the Bar Hill Residents Association from 1968; **https://bit.ly/3kvEUZR**.



If you have something you'd like to donate (or you have a stack of things you'd like someone to look through) please contact the editor **bhneditor@yahoo.com** and we'll put you in touch with someone to help.

Thank you!

WELLBEING WALKS

Join one of our free group walks in a safe, friendly environment. Our group walks are led by specially trained leaders who are on hand to provide encouragement and support, and make sure no one gets left behind. Our walks are short and over easy terrain. They are open to everyone but are especially aimed at those who are least active.

All walks start and finish outside the surgery/church in Bar Hill.

01-NOV: 10am short walk (15-20 mins)
08-NOV: 1pm longer walk (30 mins)
15-NOV: 10am short walk (15-20 mins)
22-NOV: 1pm long walk (30 mins)
29-NOV: 10am short walk (15-20 mins)
06-DEC: 1pm long walk (30 mins)

What to bring: Comfortable footwear, warm clothing, water, and a mobile phone if you have one.

Short walks are suitable for prams, walking frames and wheelchairs

November 2021 Event Planner

Date	Event	Pge	Where	Time
Nov 2	Bar Hill Pre-school AGM	19		19:30
Nov 5	Fireworks		School Field	
Nov 5	Happy Hours: AGM and Play Your Cards Right/ Quiz	30	Social Club	14:00
Nov 6	Cocktail Night!	28	Social Club	19:30
Nov 12	Late Christmas Sales with Happy Hours	17	Social Club	14:00
Nov 13	Bar Hill Cricket Club Quiz Night	23	Social Club	19:30
Nov 13	Olive Tree Bereavement Group	12		10:30
Nov 18	HIHR: Universal NHS Healthcare: Has the pandemic changed the promise?	31	Online	12:30
Nov 19	Happy Hours: Club Birthday Party with Dave Cass	30	Social Club	14:00
Nov 22	Parish Council Surgery	26	Octagon	10:00
Nov 25	The Royal British Legion	20	Octagon	19:30
Nov 26	Happy Hours: Casino Afternoon	30	Social Club	14:00
Nov 27	Bar Hill Christmas Market		Octagon	11:00
Nov 27	Christmas Lights Switch-on		Octagon	15:30

Weekly Events

Day	Event	Pge	Where	Time
Mon	The Hub/ Coffee Stop	6	Octagon	09:30
Mon	Sing It Out	40	Octagon	19:30
Mon	Wellbeing Walks	43	Maple Surgery	
Tue	Crafts Shed	24	Scout Hut	09:30
Wed	Crafts Shed	24	Scout Hut	09:30
Thur	Crafts Shed	24	Scout Hut	09:30
Thur	Knit and Natter Group	38	Octagon	13:15
Thur	Playpals Playgroup	38	Octagon	09:45

Comments? Questions? Anything you'd like to see? Anything you don't think is particularly useful?
Please fill in our survey; http://bit.ly/BHNSurvey